What is claimed is:

- 1. An optical fiber holder comprising: a tubular member for fitting over an optical fiber bundle comprising a bundle of plural optical fibers to prevent the optical fibers from separating from each other, and a pressing structure for exerting a pressing force on the optical fiber bundle in a direction perpendicular to a longitudinal direction of the optical fiber bundle to press the optical fiber bundle against an inner periphery of the tubular member.
- 2. The optical fiber holder in accordance with claim 1, wherein the pressing structure comprises an aperture extending through a peripheral wall of the tubular member from an outer periphery of the tubular member to the inner periphery of the tubular member, and a pressing member for exerting the pressing force on the optical fiber bundle through the aperture.
- 3. The optical fiber holder in accordance with claim 1, wherein the pressing structure is spaced a predetermined distance apart from a leading edge of the optical fiber bundle in the longitudinal direction.
- 4. The optical fiber holder in accordance with claim 1, wherein the pressing structure is located inwardly of the outer periphery of the tubular member.
- 5. The optical fiber holder in accordance with claim 1, wherein the inner periphery of the tubular member comprises a holding portion having a diameter capable of holding the optical fiber bundle relatively tightly, and a larger-diameter portion located closer to a leading edge of the optical fiber bundle than the holding portion and having a larger diameter than the holding portion, the larger-diameter portion being configured to fit around a fused leading end portion of the optical fiber bundle inserted through the tubular member.
 - 6. An optical fiber holder comprising a tubular member for fitting over an optical

fiber bundle comprising a bundle of plural optical fibers to prevent the optical fibers from separating from each other, the tubular member defining an aperture extending through a peripheral wall of the tubular member from an outer periphery to an inner periphery of the tubular member.

- 7. An optical fiber holder comprising a tubular member for fitting over an optical fiber bundle comprising a bundle of plural optical fibers to prevent the optical fibers from separating from each other, wherein: the tubular member has an inner periphery comprising a holding portion having a diameter capable of holding the optical fiber bundle relatively tightly, and a larger-diameter portion located closer to a leading edge of the optical fiber bundle than the holding portion and having a larger diameter than the holding portion; and the larger-diameter portion is shaped such that planes tangential to respective of predetermined two points on the larger-diameter portion contain respective opposite components that are symmetric with respect to an axis along which the optical fiber bundle extends through the tubular member.
- 8. A method of holding an optical fiber bundle, comprising the steps of: inserting the optical fiber bundle comprising a bundle of plural optical fibers through a tubular member having an aperture extending through a peripheral wall thereof from an outer periphery to an outer periphery of the tubular member; injecting a predetermined amount of adhesive into the optical fiber bundle through the aperture to fix and hold the optical fibers relatively tightly.